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ABSTRACT

This resource guide is a collection of recommended health education materials concerning the preschool child. It has been developed to strengthen and to expand the skills and knowledge of Head Start staff members, and to provide them with communication tools to reach preschool children and parents of preschoolers on the importance of the health dimension of growth and development. Listings have been divided into four sections: Dental, Growth and Development, Medical, and Nutritional, with each section subdivided into publications and visual aids. Addressess of the primary sources for visual aids and instructional materials are given in the Resource Section. (CS)

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The Preschool Child

Resource Guide
on
Health Education Materials
in relation
to the
Preschool Child

compiled and edited for
American Academy
of Pediatrics
in conjunction with
Head Start
Office of
Child Development

by
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PS 007 326

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Preface

This resource guide is a collection of recommended health education materials concerning the preschool child. It has been developed to strengthen and expand the skills and knowledge of Head Start staff members—to provide them with communication tools to reach preschool children and parents of preschoolers on the importance of the health dimension of growth and development.

As the Table of Contents indicates, listings have arbitrarily been divided into four sections of Dental, Growth and Development, Medical and Nutritional. Growth and Development and Medical are further refined. All area classifications are subdivided into publications and visual aids. The primary sources of material are alphabetized in the Resource Section with addresses and telephone numbers. A general index is available for convenience.

It has been our intention to list those publications or visual aids most pertinent to Head Start's health educational needs, especially for Region VII. However, insufficiency of time has not permitted review of all films for content. We thank the many agencies and companies that responded to our inquiries with catalogs of films and samples of literature.

Dental

Publications

Rainbow Series, Project Head Start #2A, Dental Services A manual of suggested methods to help Head Start Project Directors and their Health Services Directors to plan and carry out a series of services that will meet the dental health goals of Project Head Start. 36 pages.

Available from the Office of Child Development, DHEW

Smallfry Smiles An excellent guide for teaching dental health in community care programs. A bibliography of teaching aids is also included. 52 pages. #GPO 987-806, 55¢. Division of Dental Health publication.

Available from Superintendent of Documents

You and Your Teeth A scriptographic booklet that describes the tooth, discusses tooth decay, diseases of the teeth and the importance of good dental habits and regular visits to the dentist. 15 pages. #1138A, 25¢ each.

Available from Channing L. Bete Co., Inc.

Visual Aids

The Beaver's Tale (color/16 mm/4½ min/free loan/pay return postage)

Bobby Rabbit, about to make his first visit to the dentist, asks Mr. Beaver what the dentist will do. Mr. Beaver explains what will happen in simple terms. The puppet characters will intrigue children, from ages 4 to 7. #7106

Available from Modern Talking Picture Service Film Libraries/purchase $25.00 #DH TV46 from American Dental Association

Dental Packet Price $36.00. Contains 72 junior-sized toothbrushes, 72 tubes of Crest toothpaste, 2 teachers resource manuals, 72 disclosing tablets, dental health resource booklet, long-playing record, 4 posters, 2 brushing demonstration aids, 26 award pins, 36 sticker-stamp sets, 36 parent leaflets (available in Spanish also) and 36 family award certificates. Slide presentation available upon purchase.

Available from Procter & Gumble

Dudley the Dragon (color/16 mm/4½ min/free loan/pay return postage)

A delightful fable of Dudley, the village dragon who is misunderstood as well as disliked because he has dirty, ugly teeth. A village boy who has learned about good dental health in school visits Dudley and teaches him how to care for his teeth through proper brushing. #7201

Available from Modern Talking Picture Service Film Libraries/purchase $25.00 #DH TV99 from American Dental Association

Merlin's Magical Message (color/16 mm/6 min/free loan/pay return postage)

This animated film, with Merlin and King Arthur as the characters, points out the importance of home dental care. Emphasis is placed on the importance of good dental health. Suggested for all ages, kindergarten, and adults. #7200

Available from Modern Talking Picture Service Film Libraries/purchase $25.00 #DH TV 94 from American Dental Association

Plaque Control Kit Contains 35 soft-bristled toothbrushes, 70 disclosing tablets, 50 yards of dental floss, 35 GI Eat-Brush-Floss Stickers, 35 copies of G25 "Happiness is a Healthy Mouth" (for parents). A copy of G38 "Cleaning Your Teeth and Gums" (for the teacher) and cover letter. #M10, price $9.00.

Available from American Dental Association

Set the Stage for Dental Health (color/16 mm/28 min/DH 68/$75.00/rental $3.00)

Presents basic dental health facts to parents and teachers. Useful as a training aid for dental programs.

Available from American Dental Association

Growth and Development: General

Publications

Caring for Children Series
#1 The Ways Children Learn (DHEW OCD 73-1026)
#2 More than a Teacher (DHEW OCD 73-1027)
#3 Preparing for a Change (DHEW OCD 1028)
#4 Away from Bedlam (DHEW OCD 73-1029)
#5 The Vulnerable Child (DHEW OCD 73-1030)

Series of booklets written to help day care personnel foster good total development in childhood of students and extend the day care's influence to the community. Each booklet is 40¢.

Available from Superintendent of Documents

ERIC/ECE Newsletter The Early Childhood Education Clearinghouse publishes a free newsletter that contains information of new programs, practices and publications in early childhood education and development. Send name and address for the regular mailings of the NEWSLETTER.

Available from ERIC/Early Childhood Education Newsletter Editor

How to Give Your Child a Good Start Basic orientation pamphlet for parents illustrating each phase of child care, from infancy through preschool years.

Written by Aline B. Auerbach. 31 pages, 35¢ each. Over 100 copies, discounted 20%.

Available from Child Study Association of America

Infant Care To help parents take care of their babies—especially a first baby. 67 pages. DHEW OCD #73-15, 20¢ each.

Available from Superintendent of Documents

The Pre-school Years A booklet to help parents better understand their children and some of the ways they may behave during their pre-school years. 64 pages, 60¢ each. Over 100 copies, 34¢ each.

Available from Health Education Service

Your Child from 1 to 3 Booklet by Children's Bureau that covers the health needs of the baby that has begun to walk. 22 pages, DHEW OCD #72-56, 20¢ per copy.

Available from Superintendent of Documents

Your Child from 1 to 6 Publication by Children's Bureau that describes the growth of children from 1 to 6 years. Emphasizes the child's emotional needs. 90 pages, DHEW OCD #72-34, 20¢ each.

Available from Superintendent of Documents

Your Child from 3 to 4 Pamphlet that describes changes that normally take place in a child's personality and physical makeup during years 3 to 4. 24 pages, DHEW OCD #72-57, 25¢ each.

Available from Superintendent of Documents

Visual Aids

Elmer Elephant (color/16 mm/8 min/$130.00)

Develops the concepts of consideration for other people's feelings, with particular emphasis on kindness to those whose appearance is different from ours.

Available from Walt Disney Educational Materials Company

The Frustrating Fours and Fascinating Fives (color/16 mm/21 min/$275.00/B&W–160.00)

A study of the behavior of four and five-year-old children at home and at nursery school. National Film Board of Canada Production.

Available from McGraw-Hill Films

How an Average Child Behaves Ages 1 Through 5 (color/FS/49 min/$39.00)

This set was designed to demonstrate the basic growth areas and different facets of physical, mental and emotional needs during the early years of childhood. Includes 5 film strips, discussion guide, LP record and 5 reading booklets.

Available from Parents' Magazine Films, Inc.

Person to Person in Infancy (B&W/16 mm/22 min/free loan/pay postage return)

This film stresses the importance of the human relationships between infant and adult, and shows that in group care as well as at home there can be a considerable range of warmth and adequacy of relationship on the infant's readiness and eagerness for new experiences. MTP #9299.

Available from Modern Talking Picture Service Film Libraries/purchase $56.50 from National Audiovisual Center

Steps Toward Maturity and Health (color/16 mm/10 min/ $90.00)

As the body matures, responsibility for caring for it passes first from nature to parents and finally to the individual himself. Now the individual must recognize that his own health is like an equilateral triangle with his social, his mental and his physical health each representing one side.

Available from Walt Disney Educational Materials Company

The Terrible Twos and The Trusting Threes (color/16 mm/21 min/$275.00/B&W–$160.00)

A study of child behavior at two and three years, showing what to expect and how parents can deal constructively with the problems they present. National Film Board of Canada Production.

Available from McGraw-Hill Films

Growth and Development: Handicapped

Publications

A Blind Child, Too, Can Go To Nursery School Some suggestions for integrating blind children into preschool programs. 15 pages. #410-MSC 102, 25¢ each.

Available from American Foundation for the Blind

The Brain Injured Child in the Classroom Identifies stages of growth and development of children, and explains why the brain injured child will require more basic methods of teaching. #E-34, 35¢ each, over 100—25¢ each.

Available from The National Easter Seal Society for Crippled Children and Adults

Child Development Day Care #8—Serving Children with Special Needs A guidebook for Directors and staff of day care programs who are or may wish to consider including children with special needs in their program. Also useful to parents in selection of a day care program for a child with special needs. 72 pages, DHEW OCD #72-42, 75¢ each.

Available from Superintendent of Documents

Closer Look Newsletter This is a newsletter published as a project of the Bureau of Education for the Handicapped, Office of Education, DHEW. *Closer Look* is an information service established to help parents and others locate services for children with mental, physical, emotional and learning handicaps. Send name and address for mailing list. Copies will be sent regularly without charge.

Available from Closer Look Newsletter Special Education Information Center

Feeding the Child with a Handicap For parents and professional workers caring for handicapped children. 20 pages, #PHSP 2091, 30¢ each.

Available from Health Services and Mental Health Administration, DHEW

Feeding Mentally Retarded Children A guide for nurses working with families who have retarded children. 12 pages, 15¢ each.

Available from National Association for Retarded Children

A Helpful Guide in Training of a Mentally Retarded Child Collection of suggestions for care and training of retarded children. Classifies activities by mental age. 16 pages, #20-2, 35¢ each.

Available from National Association for Retarded Children

Helping Young Children Develop Language Skills A book of activities written by Merle B. K. Karnes for teachers to use when working to improve listening skills (auditory decoding), verbal expressive abilities (vocal encoding) and visual association (visual motor association) of young children. 136 pages, $2.75 each, 10 or more copies, 20% discount.

Available from the Council for Exceptional Children

Integrating Handicapped Children into Regular Classrooms An article by Mary Glockner based on an interview with Dr. Jenny Klein, Director of Educational Services, OCD. This discussion concerns the various approaches to integrate the handicapped child into regular classrooms. A bibliography on the handicapped child concludes the article.

Available in ERIC/ECE Newsletter, May/June issue, 1973

The Mentally Retarded Child at Home A manual by Children's Bureau for parents of mentally retarded children. 95 pages, DHEW OCD #374, 35¢ each.

Available from Superintendent of Documents

Rainbow Series, Project Head Start #13 Speech, Language and Hearing Program A guide for Head Start personnel to help develop and improve the communication skills of the preschool child. 53 pages, DHEW OCD #73-1025, 70¢ each.

Available from the Superintendent of Documents

Can I Come Back Tomorrow (color/16 mm/50 min/$250.00/rental $25.00)

Shows classroom management and teaching techniques with educationally handicapped children in one of the classrooms in the Learning and Behavior Problems Project at California State College, Los Angeles, California.

Available from Escalon School for Atypical Children

Children Lost in Space (B&W/16 mm/31 min/$350.00/rental $5.00)

Concerns the educationally handicapped child, how his parents, as part of the educational team, help the child and themselves.

Available from Society for Brain-Injured Children

Community and the Exceptional Child: Summary (B&W/16mm/29 min/NET 1982/$125.00/$6.75—rental)

Examines the role of the community in helping the exceptional child achieve the maximum of his potentiality. Reviews the many and varied types of exceptional children and their specific problems. Describes what the future holds with respect to exceptionality.

Available from NET, Indiana University

Early Childhood Education and the Exceptional Child
A cassette album recorded during the Invisible College Conference. Topics include comparison of preschool program models, use of parent and citizen workers, staff training methods and screening programs. Package contains 5—60 minute tape cassettes, 7 visuals and program brochure. Cost $75.00

Available from The Council for Exceptional Children

Individual Differences: Introduction (B&W/16 mm/29 min/NET 1968/$125.00/rental—$6.75)

Explains that individual differences in children occur in physical, mental, and emotional growth and development. Describes and illustrates the special and dynamic problems of the exceptional child.

Available from NET, Indiana University

Meet Lisa (color/16 mm/5 min/$85.00/$15.00–rental)

This is a personal statement reflecting the world as seen through the eyes of a brain injured child. Helps others to better understand the potential and meet the needs of such children.

Available from Aims Instructional Media Services, Inc.

Stress: Parents with a Handicapped Child (B&W/16 mm/30 min/$195.00/$15.00–rental)

This film is about the problems of bringing up handicapped children. Particular causes of stress are examined as they affect any family with a handicapped child.

Available from Contemporary Films, McGraw-Hill

Training the Mentally Retarded Child at Home (color/FS/42 frames/18 min/33⅓ record–$12.50)

This program presents recommended procedures in training retarded children. Produced by the National Film Board of Canada.

Available from International Film Bureau Inc.

A Walk in Another Pair of Shoes (color/FS/18½ min/$6.90)

This film strip, narrated by Tennessee Ernie Ford, explains some of the problems encountered by learning disabilities of children to other children. The emphasis is on how it feels to be a handicapped child and how a normal child can be of assistance to a handicapped child.

Available from CANHC Film Distribution

We Can Grow (color/16 mm/13 min/$160.00)

An understated film showing how physically handicapped children can fulfill their capabilities. A Communico Films Production.

Available from ACI Films, Inc.

Growth and Development: Mental Health

Publications

About Mental Health A scriptographic booklet that defines a mentally healthy person, describes causes of mental illness and its warning signs and lists the way to good mental health by age groups. 15 pages, #1109J, 25¢ each.

Available from Channing L. Bete Co., Inc.

Behavior: The Unspoken Language of Children This booklet offers guidelines to help parents interpret the signals their children are emitting through behavior. 12 pages, 35¢ each, over 100 copies, cost discounted 20%.

Available from Child Study Association

Children's Emotional Health A PTA guide that outlines methods to help parents and teachers together understand the nature of emotional disturbances in children and to make effective use of appropriate community treatment facilities. 96 pages, 75¢ per copy.

Available from National Congress of Parents and Teachers

Developing Mentally Healthy Children A publication by Katherine E. D. Evelyn. She illustrates her discussion of "five" musts for the promotion of strong ego and sound mental health in children with case studies, 32 pages, $1.25 each.

Available from American Association of Elementary–Kindergarten–Nursery Educators

There was a Little Boy This is a half-hour play that emphasizes the importance of communication—in words and in other more sensitive ways between children and adults. Performance of this play is authorized only by purchase of a production packet of six copies for $12.00, single copies, for reading only $2.00.

Available from Mental Health Materials Center, Inc.

Your Child's Mental Health William W. Wattenberg draws a profile of "normal" child and offers several approaches that parents might develop to promote emotional health in their children. 15 pages. Order in packages of 35 for $1.00, #383-11652. A filmstrip with a 15 minute narration on a 33⅓ record can accompany

this publication for discussion groups. Cost of filmstrip and record $8.00 #388-11628.

Available from National Education Association

Visual Aids

Emotional Development: Aggression (color/16 mm/20 min/$295.00/rental–$35.00 one day)

This film shows how aggression may be learned. Unrehearsed scenes in homes and nursery school exemplify these learning experiences.

Available from CRM Films, Consumer Marketing

Psychological Hazards in Infancy (B&W/16 mm/22 min/free loan/pay postage return)

In group care and at home, the vital experiences and learnings of infancy may be hampered by inadequate stimulation, insufficient warm attention from adults, or inappropriate handling which is not geared to changing developmental needs. The film shows both mild and severe psychological damage and suggests means of prevention. MTP #7298.

Available from Modern Talking Picture Service Film Libraries/purchase $47.75 from National Audiovisual Center

Why Won't Tommy Eat (color/16 mm/16 min/loan or rental)

Discusses many of the factors in infancy and early childhood which influence eating habits. National Film Board of Canada Production. Dated clothing, but very informative.

Available from State Health Departments and Universities

Medical: General Health

Publications

Child Development Day Care #6—Health Services A manual written for day care directors, physicians and others concerned with the health of children in day care programs. It contains suggestions to meet the health needs of these children and their parents. 81 pages, DHEW OCD 73-12, 75¢ each.

Available from Superintendent of Documents

Rainbow Series, Project Head Start #2, Health Services A manual of suggestions to help Head Start Directors and their Health Services Directors to plan and carry out a group of services that will meet the health goals of Project Head Start. 73 pages, DHEW OCD #72-4.

Available from Office of Child Development, DHEW.

Spanish-Language Health Communication Teaching Aids A list of printed materials and their sources. 55 pages free from HSMA only. HSMA 72-19—technical. Contains titles and descriptions of nearly 500 publications and posters printed in Spanish by organizations in the U.S.

Available from Health Services and Mental Health Administration, DHEW

You and Your Eyes A scriptographic booklet that describes the components of the eye, how we see and the necessity of good eye care. 15 pages, #1124C, 25¢ each.

Available from Channing L. Bete Co., Inc.

Visual Aids

Be Healthy Be Happy (color/16 mm/11 min/#76/$130.00/rental—$13.00)

An awareness of desirable health habits is realistically created by delightful animal figures. Their problems in cleanliness, proper eating habits, sufficient rest, exercise and fresh air provide each viewer with keys to better health.

Available from Perennial Education, Inc.

Health Education as a Tool of Public Health (B&W/16mm/27 min/#56545/$85.00/rental—$6.95)

Scientific advances which can benefit the health of a population. The health educator's method of work as an agent of change.

Available from University of Iowa

Health: Eye Care Fantasy (color/16 mm/8 min/#3108/$102.50)

A golden-gowned fairy escorts children through a film journey showing eyecare hygiene and ways to avoid eye injuries.

Available from Encyclopedia Britannica Educational Corporation

Hear Now (color/16 mm/10 min/#9-4000-158-6/$120.00/rental–$8.50)

Mickey and Ann, elementary school children, go to visit their uncle, the circus clown, to learn about Hearing and Care of the Ears.

Available from Audio Brandon Films

Patterns for Health (color/16 mm/14 min/free loan/pay return postage)

This film shows the establishment of early health habits for the pre-school child and shows how this training develops patterns found in the well-adjusted adult. Covers general as well as specific health needs of the four to five-year-old. #9057

Available from Modern Talking Picture Service Film Libraries/purchase $19.25 from National Audiovisual Center

3M Health Education Series, Concept I

1. "Nutrition, Sleep, Physical Activity and Growth." Relates good nutrition, adequate sleep and physical activity to optimal growth and development. 20 prepared color transparencies, #15-4611-8, $35.00.
2. "Functions of Major Body Parts and Organs." Names major body parts and organs and their related functions. 20 prepared color transparencies, #15-4612-6, $35.00.
3. "Teaching-Learning Guide" and "Teacher-Student Resources." These publications aid in lesson preparation for Concept I Transparencies. #15-1811-7, $3.00 for both.

Available from 3M Company, Visual Products Division

A Total Health Program Filmstrip or slides with 33⅓ record or cassettes–$13.50. Describes briefly the various elements that need to be included in a Head Start Health Component. Available in Spanish also.

Available from Education and Development Corporation

You and Your Body Innovation records or cassettes.

NIR 101—set of 3 Innovation record albums (6 records)—$30.00

NIC 101—set of 3 Innovation cassette albums (6 tape cassettes)—$40.50

Utilizes singing story—lessons to provide a basic study of human biology. Recordings are divided into lessons for easy selection of individual topics.

Available from Singer Education and Training Products

Medical: Safety/First Aid

Publications

Child Safety Scriptographic booklet with suggestions for accident prevention in childhood. 15 pages, #2784-1006, 25¢ each.

Available from Channing L. Bete Co., Inc.

A Handbook of Child Safety A booklet that points out some of the hazards that every child is likely to encounter at his particular age of development. Provides tips to remove these hazards. 12 pages, no cost.

Available from Gerber Products Company

A Safe Home For Your Children Pamphlet stressing potential hazards in the home. Suggestions of how to handle accidents that do occur. A list of some poison control centers included. 18 pages, no cost. Receive copy from local Mead Johnson representative.

Available from Mead Johnson & Company

Visual Aids

Bus Drivers' Helpers (color/16 mm/10 min/#3310/$125.00/rental—$15.00)

Students observe how good bus riding habits are essential for everyone's health and safety.

Available from Aims Instructional Media Services, Inc.

Civil Defense Medical Self-Help Program A 16-hour, free course for the general public in real-life accident and disaster situations employing a multimedia presentation. Compact Instructors Kits available from local Civil Defense Offices. Contact state Civil Defense representatives for information concerning local programs.

Available from Civil Defense Medical Self-Help Programs

First-Aid Chart #1969/FA/11" x 17", 50¢ each. Over 50 copies, 25¢ each.

Available from American Academy of Pediatrics

First-Aid on the Spot (B&W/16 mm/10 min/#1715/$70.00)

Makes a contribution to courses and programs on first-aid instruc-

tion. Features six common types of injuries or disabilities and the American Red Cross technique for treating each.

Available from Encyclopedia Britannica Educational Corporation

Red Cross First-Aid Training Program A multimedia instructional program to teach first-aid to adults. Costs each class member $4.70 for materials. Contact local Red Cross chapters for information on classes.

Available from American Red Cross

Safety: Playground Spirits (color/16 mm/8 min/#3107/$102.50)

Three "spirits" teach children the rules of playground safety in this fantasy film.

Available from Encyclopedia Britannica Educational Corporation

Safety Stories (color/filmstrips/#7640/series of six boxed/$36.00)

Includes School, Home, Play, Street and Vacation safety and Safety Helpers.

Available from Encyclopedia Britannica Educational Corporation

Sniffy Escapes Poisoning (color/16 mm/6 min/#513/$85.00/rental—$8.50)

Accidental poisoning continues to be a major hazard to preschool children. This animated film about Sniffy and his young friend gives an effective but non-frightening warning about dangers behind medicine cabinet doors to young viewers.

Available from Perennial Education, Inc.

Medical: Screening / Immunizations

Publications

Childhood Lead Poisoning . . . an Eradicable Disease General information about methods of preventing the disease. Non-technical. 9 pages, free from HSMHA, #OM-2118.

Available from Health Services and Mental Health Administration, DHEW

Classroom Handbook of Communicable Diseases A pamphlet on communicable disease control. 31 pages, #190-P-1972.

Available for Kansans from Kansas State Department of Health

Denver Developmental Program (Revised) Screening information with guidelines to be used with preschool children.

Available from Office of Child Development, DHEW, Regional Offices

Emmy Immunity Saves the Day A folder on communicable diseases and their immunizations. #PD 17453

Available for Iowans from Iowa State Department of Health

A Guide for Eye Inspection and Testing Visual Activity of Preschool Age Children Recommended method for using Snellen Charts. #P200A, $8.00 per 100 copies.

Available from National Society for Prevention of Blindness, Inc.

Looking For Health Guidance booklet that accompanies the film *Looking at Children* by Metropolitan Life. 30 pages, #598 L. W./2070.

Available from Metropolitan Life Insurance Company

Preschool Vision Screening Suggestions to set up volunteer screening programs. #P253, $8.00 per 100 copies.

Available from National Society for Prevention of Blindness, Inc.

Prevention and Control of Communicable Diseases A guide for school administrators, nurses and teachers. (MCH 16–Rev. 1972), 23 pages.

Available for Missourians from Department of Public Health and Welfare of Missouri

Prevention of Iron-Deficiency Anemia in Infants and Children of Preschool age Describes problem of iron-deficiency anemia, sources of iron and how these sources should be used to prevent this condition. Non-technical. 19 pages, #PHSP-2085, 20¢ each.

Available from Health Services and Mental Health Administration, DHEW

Short Reading List On speech defects in children with list of practical suggestions for parents. Price 10¢.

Available from American Institute of Family Relations

Sickle-Cell Anemia What it is, what can be done. Describes sickle cell disease and the educational, screening, diagnostic, treatment and counseling services needed. Technical, 12 pages, #HSM 72-5108, 20¢ each.

Available from Health Services and Mental Health Administration, DHEW

Tony's Sickle Cell Crisis An informational coloring book on the sickle-cell disease for children and parents. 24 pages, 30¢ each, over 100 copies, 26¢ each.

Available from St. Anthony's Hospital

Tuberculin Testing Today Describes, illustrates different tests, tells how to interpret reactions and when to prescribe chemsprophlahis. 4 pages, no cost.

Available from local American Lung Association

Visual Aids

Before We are Six (color/16 mm/22 min/$125.00)

An updated film to prepare professionals and volunteers to screen the vision of preschool and school children.

Available from National Society for Prevention of Blindness, Inc.

Glasses for Susan: A New Day (color/16 mm/13 min/#3166/$167.50)

Susan has poor vision, but she doesn't know it. Like many other youngsters who see the world out of focus, she blunders through a series of daily mishaps at school and at play. Finally a teacher guesses her problem and visits to the ophthalmologist and optician follow. Her new glasses open up a fascinating new day for Susan.

Available from Encyclopedia Britannica Educational Corporation

Health—Communicable Diseases (color/16 mm/11 min/ #1301/$140.00/rental–$15.00)

Animated germs add interest as they demonstrate how they cause colds, flu and other common diseases. Demonstrates preventive methods.

Available from Aims Instructional Media Services, Inc.

Looking At Children (color/16 mm/24 min/free loan with 4 weeks notice)

An excellent film that portrays the early signs of health problems and conditions in children as seen by observant teachers. "Looking for Health" booklet is supplementary reference to this film.

Available from Metropolitan Life Insurance Company

The Magic Touch—Immunization (color/16 mm/9 min/ #9-4000-163-2/$110.00/rental–$7.50)

Shows children preparing for immunization shots. Children participate in role playing of doctor and nurse.

Available from Audio Brandon Films

The Things A Teacher Sees (color/16 mm/19 min/$250.00/ $12.00–rental)

Demonstrates many of the health problems experienced by children and how teacher observation can help to detect them.

Available from International Film Bureau Inc.

Nutrition

Publications

Build A Better You With Fresh Citrus Pamphlet emphasizing the importance of fresh citrus fruit in daily diet. 15 pages, #B-466. Accompanied by a one page Leader's Guide #B-466A, no cost.

Available from Sunkist Growers, Inc.

Feeding Little Folks A booklet for the parents of preschool children to bring children and foods together happily. 24 pages, B3K0, 20¢ each.

Available from National Dairy Council

Flannelboard Stories (3 stories/price 50¢)

"Ollie and the Orange"
"Pedro's Gift to Ollie"
"Smile, Ralph, Smile"

Available from Sunkist Growers, Inc.

Focus on Nutrition An excellent teacher's handbook for Nutrition Education grades K through 6th. 64 pages, $1.00 per copy.

Available from The Commonwealth of Massachusetts

Food Before Six A pamphlet for parents with practical suggestions for helping preschool children enjoy eating well. 8 pages, B5, 10¢ each. Can be used with filmstrip *Feeding Your Young Children*.

Available from National Dairy Council

Food Facts and Fun . . . with Butter and Boop 16-page nutrition education comic book in color.

Available from U.S. Department of Agriculture

Food to Nuture the Mind Discussion of how food and its manner of delivery may affect behavior. 22 pages, $1.00 each.

Available from The Children's Foundation

Functions of Food in Nutrition Four-page, illustrated folder describes functions of essential nutrients, food sources and deficiency symptoms. Code FFN, 5¢ each.

Available from National Livestock & Meat Board

Good Nutrition A scriptographic booklet that defines nutrition, explains its importance and discusses the requirements of a daily and balanced diet. 15 pages, #1125C, 25¢ each.

Available from Channing L. Bete Co., Inc.

A Guide for Planning Food Service in Child Care Centers A booklet to aid directors and personnel in planning food service for child care centers. 22 pages, FNS-64.

Available from U.S. Department of Agriculture

A Menu Planning Guide for Breakfast at School Booklet of suggestions for school breakfast. 9 pages, FNS-7.

Available from U.S. Department of Agriculture

More Milk, Please A booklet that shows youngsters the importance of our milk supply and also the interdependence of rural and urban areas. 20 pages with 4-page teacher's guide. R-27, 25¢ each.

Available from National Dairy Council

Rainbow Series, Project Head Start #3A—Food Buying Guide and Recipes A manual designed to assist personnel responsible for the feeding and purchasing program of Head Start Centers. Prepared by the U.S. Department of Agriculture for OCD. 118 pages, DHEW OCE # 73-1010, $1.25 per copy.

Available from the Superintendent of Documents

Rainbow Series, Project Head Start #3E Nutrition Film Guide A leader's manual to accompany the Head Start nutrition film, *Jenny is a Good Thing*, for staff training and discussion groups with parents. 23 pages.

Available from Office of Child Development, DHEW

Screening Children For Nutritional Status: Suggestions For Child Health Programs A manual for professionals to determine nutritional needs of children. 28 pages, technical, #PHSP-2158, 40¢ each.

Available from Health Services and Mental Health Administration, DHEW

A Teaching Kit—Food for Thrifty Families Loose leaf pages of suggestions for food buying and preparation for families with low food budgets. 25 pages, #FNS 14 through FNS 37. Spanish translation /FNS 38-FNS 62.

Available from U.S. Department of Agriculture

Tots at the Table A guide for parents on feeding preschool children. Explains transition from baby to child and how his development and food attitudes affect his growth and health. 22 pages, Code TT, 25¢ each.

Available from National Livestock & Meat Board

What's so Hard about Feeding Kids? Describes and pictures several methods of feeding children in schools with little or no facilities. #FSN-68.

Available from U.S. Department of Agriculture

Your Children's Health Day by Day An easy to read folder that points out health practices for young children that are desirable for parents to encourage. 6 pages, B4. Spanish version B4(S). 10¢ each. Can be used with Study Prints *What We Do Day by Day*.

Available from National Dairy Council

Visual Aids

The Big Dinner Table (color/16 mm/12 min. #F-901/free loan or purchase/$125.00)

The world becomes "The Big Dinner Table" as the camera peeks at families at mealtime in many different countries.

Free loan available from Association-Sterling Films/purchase available from Perennial Education, Inc.

Eat for Health (color/16 mm/11 min/#808/$135.00/B&W/$70.00)

Using the five fingers of his hand as an always available check-off device, Ralph learns to eat a balanced diet.

Available from Encyclopedia Britannica Educational Corporation

Feeding Your Young Children (color/FS/60 frames/F 609/$2.50)

This filmstrip offers parents of preschool children practical suggestions to build positive attitudes toward food. Also includes a leader's guide. Can be correlated with "Food Before Six" booklet.

Available from National Dairy Council

How Children Learn About Food (21 slide series and 20-page, illustrated discussion guide—$4.00)

Pictures and discussion include adult influences on child's attitudes; food meanings in different cultures; food and emotional needs. Additional discussion guides 30¢ each. Color flash cards, $3.00 each set.

Available from New York State College of Human Ecology

Jenny is a Good Thing (color/16 mm/18 min/free loan/pay return postage)

The Head Start Nutrition program plays a major role and is an integral part of the daily activities in a quality Head Start Center. Leader's Discussion Guide accompanies the film. Also available in Spanish. #9273

Available from Modern Talking Picture Service Film Libraries/purchase $55.25 from National Audiovisual Center

Mulligan Stew (color/30 min/16 mm/$166.60/rental–$15.00 per week)

Lesson #6–The Racer that Lost His Edge–

You are what you eat . . . snacks (good and not so good). A fat race driver who keeps losing weight, and his new bride, who keeps stuffing herself with goodies, learn why a healthy diet is for champions. They learn you are indeed what you eat and that one has to plan right, buy right and prepare right.

Available from Great Plains National Instructional Television Library/purchase with approval of state 4-H Association

Nutrition: The Inner Environment (color/16 mm/15 min/$235.00/rental–$25.00)

From earliest time to the present, this film explores what men have eaten, why, and what it has done to their bodies. Scenes are in urban and rural settings. Emphasis on practical, street nutrition and on the values in the food of different cultures.

Available from American Educational Films

Preschool Nutrition Package of color filmstrips with cassettes on preschool nutrition. #1697, cost $15.00 for set.

Available from Pennsylvania State University

Prescription: Food (color/16 mm/26 min/free loan)

Discusses the damaging effects of malnutrition on physical and mental development of children and a program devised in a midwestern city to combat it. Contact local Ross Laboratories sales personnel.

Available from Ross Laboratories

Stanley Takes a Trip (color/16 mm/10 min/$125.00)

The importance of a balanced diet, told in story form for children through the medium of two dimensional "cut-out" animation.

Available from National Film Board of Canada

We All Like Milk (B2/study prints/12 prints/11x14 inches/color/$1.25)

Graphic portfolio of color study prints of mammals. Teacher's guide on back of each print.

Available from National Dairy Council

What Did You Have for Breakfast this Morning (P518/poster/36x23 inches/50¢)

Poster shows youngsters from different ethnic groups. Teacher's guide for poster is 25¢.

Available from National Dairy council

What do We do Day by Day (B22/study prints/12 prints/11x14 inches/color/$1.25)

Graphic portfolio of prints of health practices of young children. Teacher's guide on back of each print. Can be used with 6-page folder, "Your Children's Health Day by Day."

Available from National Dairy Council

Why Eat our Vegetables (color/16 mm/11 min/$130.00/B&W–$65.00)

A story of a shipwrecked family that learned the importance of vegetables.

Available from Coronet Films.

Why Won't Tommy Eat (color/16 mm/16 min/free loan or rental)

Discusses many of the factors in infancy and early childhood which influence eating habits. National Film Board of Canada Production. Dated clothing but very informative.

Available from State Health Departments and Universities

Resources

ACI Films Inc.
35 West 45th Street
New York, New York 10036
(212-582-1918)

Aims Instructional Media Services, Inc.
P.O. Box 1010
Hollywood, California 90028
(213-467-1171)

American Academy of Pediatrics
1801 Hinman Avenue
Evanston, Illinois 60204
(312-869-5255)

American Association of Elementary—Kindergarten—Nursery Educators
1201 Sixteenth Street, N.W.
Washington, D. C. 20036
(202-883-4390)

American Dental Association
211 East Chicago Avenue
Chicago, Illinois 60611
(312-944-6730)

American Educational Films
132 Lasky Drive
Beverly Hills, California 90212
(213-278-4996)

American Foundation for the Blind
Publications Division
15 West 16th Street
New York, New York 10011
(212-924-0420)

American Institute of Family Relations
5287 Sunset Boulevard
Los Angeles, California 90027
(213-465-5131)

American Lung Association
1740 Broadway
New York, New York 10019
(212-245-8000)

Regional Office:
Heart of America Lung Association
1021 McGee Street
Kansas City, Missouri 64106
(816-842-5242)
Contact local or regional offices for literature

American Red Cross
National Headquarters
17th & D Streets, N.W.
Washington, D. C. 20006
(202-737-8300)

American Red Cross
Midwestern Area
4050 Lindell Boulevard
St. Louis, Missouri 63108
(314-652-3600)

Association—Sterling Films
8615 Directors Row
Dallas, Texas 75247
(214-638-6791)

Audio Brandon Films
34 MacQuesten Parkway South
Mt. Vernon, New York 10550
(914-664-5051)

CANHC Film Distribution
P.O. Box 1526
Vista, California 92083
(714-724-5437)

Channing L. Bete Co., Inc.
45 Federal Street
Greenfield, Massachusetts 01301
(413-774-2301)

Child Study Association of America
9 East 89th Street
New York, New York 10028
(212-889-3450)

Children's Bureau
Office of Child Development
Department of Health, Education & Welfare
P.O. Box 1182
Washington, D.C. 20013
(202-963-3562)

The Children's Foundation
1026 Seventeenth St., N.W.
Washington, D. C. 20036
(202-296-4451)

Civil Defense Medical Self-Help Programs

Iowa
Commissioner of Health
Iowa State Department of Health
Lucas State Office Building
Des Moines, Iowa 50319
ATTN: Joseph D. Howell
DEHS Program Representative
(515-284-4000)

Kansas
State Director of Health
Kansas State Department of Health
ATTN: Mr. L. Vaughn Means
DEHS Program Representative
535 Kansas Avenue, 8th Floor
Topeka, Kansas 66603
(813-296-3798)

Missouri
Director of Health
Missouri Division of Health
525 East McCarty
Jefferson City, Missouri 65101
ATTN: Donald D. O'Keane or Cliff Healy
DEHS Program Representative
(314-751-4334)

Nebraska
State Director of Health
Nebraska State Department of Health
State House Station Box 4757
Lincoln, Nebraska 68509
ATTN: Milton S. Parker or Boyd Sankey
DEHS Program Representative
(402-471-2158)

Closer Look Newsletter
Special Education Information Center
Box 1492
Washington, D. C. 20036
(703-820-4326)

The Commonwealth of Massachusetts
Department of Education
The Bureau of Nutrition Education and School Food Services
182 Tremont Street
Boston, Massachusetts 02111
(617-727-5764)

Contemporary Films
McGraw-Hill
1221 Avenue of the Americas
New York, New York 10020
(212-997-6761)

Coronet Films
65 East South Water Street
Chicago, Illinois 60601
(312-332-7676)

The Council for Exceptional Children
Publications Sales, Suite 900
1411 South Jefferson Davis Highway
Arlington, Virginia 22202
(703-521-8820)

CRM Films, Consumer Marketing
1011 Camino del Mar
Del Mar, California 92014
(714-453-5000)

Division of Dental Health
Community Programs Branch
National Institutes of Health
9000 Rockville Pike
Bethesda, Maryland 20014
(301-496-1105)

Education and Development Corporation
1400 North Uhle Street, Suite 600
Arlington, Virginia 22201
(703-522-2950)

Encyclopedia Britannica Educational Corporation
425 North Michigan Avenue
Chicago, Illinois 60611
(312-321-7000)

ERIC/Early Childhood Education
Newsletter Editor
University of Illinois
805 West Pennsylvania Avenue
Urbana, Illinois 61801
(217-333-1386)

Escalon School for Atypical Children
536 Mendocino Street
Altadena, California 91001
(213-798-0744)

Gerbers Product Company
445 State Street
Fremont, Michigan 49412
(616-928-2000)

Great Plains National Instructional Television Library
P.O. Box 80669
Lincoln, Nebraska 68501
(402-467-2502)

Health Education Service
P.O. Box 7283
Albany, New York 12224
(518-436-4111)

Health Services and Mental Health Administration
Public Inquiries
Office of Communications and Public Affairs
Department of Health Education and Welfare
5600 Fishers Lane
Rockville, Maryland 20852
(301-443-1203)

International Film Bureau, Inc.
332 South Michigan Avenue
Chicago, Illinois 60604
(312-427-4545)

Iowa Department of Health
Information and Education Division
Lucas State Office Building
Des Moines, Iowa 50319
(515-281-5925)

For Iowa residents, the State Health Department furnishes free loan 16 mm health films. Borrowers pay insured return postage. This department also distributes health literature to state residents. Contact county health unit for services and information.

Iowa Public Library Film Cooperation
Dubuque Public Library
11th & Bluff Streets
Dubuque, Iowa 52001
ATTN: Jacqueline L. Hand
(319-556-4254)

A free loan 16 mm film service for participating public libraries in Iowa. Each library has a film catalog. Iowa towns included in this service are Carroll, Cedar Falls, Cedar Rapids, Des Moines, Dubuque, Fort Dodge, Iowa City, Muscatine, Mason City, Ottumwa and Waterloo.

Iowa State University
Media Resources Center
121 Pearson Hall
Ames, Iowa 50010
(515-294-1540)

16 mm films and 35 mm slide sets available for three (3) to five (5) day rentals. Cost ranging from $3.00 to $9.00 for 3-day rentals.

Kansas Public Library Film Service
Wichita Public Library
223 South Main
Wichita, Kansas 67202
ATTN: Ms. Ellen Fader
(316-265-5281)

A free loan 16 mm film service for Kansans centralized in the Wichita Public Library. Any public library in Kansas has the film catalog and the availability of this service.

Kansas State Department of Health
Health Education Services
535 Kansas Avenue
Topeka, Kansas 66603
(913-296-3571)

This department has 16 mm film titles and filmstrips for free loan service to Kansans on health subjects. The borrower pays insured return postage. The department also distributes health education literature. Contact county health unit for services and information.

McGraw-Hill Films
1221 Avenue of the Americas
New York, New York 10020
(212-997-6761)

St. Louis Regional Manager
Russell Furbee (314-391-9424)

Mead Johnson & Company
2404 East Pennsylvania
Evansville, Indiana 47721
Area Representative: Jerry Fuller
913-631-2080

Mental Health Materials Center, Inc.
419 Park Avenue South
New York, New York 10016
(212-889-5760)

Metropolitan Life Insurance Company
Health and Welfare Division
1 Madison Avenue
New York, New York 10010
(212-578-2211)

Missouri Division of Health
Department of Public Health and Welfare
Bureau of Health Education Services
Broadway State Office Building
Jefferson City, Missouri 65101
(314-751-2410)

The State maintains 16 mm, free loan health films for Missourians. Borrower pays return insured postage. The department also distributes health education publications. Contact the county health unit for services and information.

Missouri Libraries Film Cooperatives
Inspection Center
15616 East 24 Highway
Independence, Missouri 64050
(816-254-3335)

Free loan 16 mm films available in regional libraries of the following Missouri towns: Rock Port, Monett, Sedalia, Cape Girardeau, Harrisonville, Ozark, Van Buren, Columbia, Kennett, Clinton, St. James, Trenton, Joplin, Lebanon, Moberly, Chillicothe, Charleston, Portageville, North Kansas City, Kahoka, Ironton, Richmond, Jackson, Rolla and St. Joseph. Catalog of films can be reviewed with respective librarians in listed libraries.

Modern Talking Picture Service Film Libraries
2323 New Hyde Park Road
New Hyde Park, New York 11040
(516-437-6300)

Contact area offices:
Modern Talking Picture Service Film Library
200 Third Avenue S.W.
Cedar Rapids, Iowa 52404
(319-363-8144)

Modern Talking Picture Service Film Library
86 Weldon Parkway
Maryland Heights, Missouri
(314-567-4278)

National Association for Retarded Children
P.O. Box 6109
2709 Avenue E. East
Arlington, Texas 76011
(817-261-4961)

National Audiovisual Center
National Archives and Record Service
General Services Administration
Washington, D. C. 20409
(301-763-7420)

National Congress of Parents and Teachers
700 North Rush Street
Chicago, Illinois 60611
(312-787-0977)

National Dairy Council
111 North Canal Street
Chicago, Illinois 60606
(312-372-3156)

Contact area offices:

Dairy Council, Inc.
702 East 1st Street
Ankeny, Iowa 50021
(515-964-0698)
Area Office: Waterloo

Dairy Council of Central States, Inc. / Sioux City
900 Badgerow Building
4th & Jackson Streets
Sioux City, Iowa 51101
(712-252-2932)

National Dairy Council, Inc. / Wichita
1601 S. Sheridan
Wichita, Kansas 67213
(316-924-2251)
Area Office: Dodge City

Dairy Council of Greater Kansas City
P.O. Box 6840
Kansas City, Missouri 64130
(816-861-5300)

St. Louis District Dairy Council
2710 Hampton Avenue
St. Louis, Missouri 63139
(314-647-5690)
Area Offices: Cape Girardeau, Springfield

Dairy Council of Central States, Inc.
6910 West Dodge Street, Room 104
Omaha, Nebraska 68132
(402-556-4884)
Area Office: Lincoln

The National Easter Seal Society for Crippled Children and Adults
2023 West Ogden Street
Chicago, Illinois 60612
(312-243-8400)

National Education Association
1201 16th Street, N.W.
Washington, D. C. 20036
(202-833-4000)

National Educational Television
Indiana University
Audio-Visual Center
Bloomington, Indiana 47401
(812-337-2103)

Representative: Paul L. Brand & Son, Inc.
234 West Bread Street
Falls Church, Virginia 22046
(703-534-8110)

National Film Board of Canada
16th Floor
1251 Avenue of the Americas
New York, New York 10020
(212-586-2400)

National Livestock & Meat Board
36 South Wabash Avenue
Chicago, Illinois 60603
(312-346-6465)

National Society for Prevention of Blindness, Inc.
79 Madison Avenue
New York, New York 10016
(212-684-3505)

Nebraska Department of Health
Division of Health Education
1003 "O" Street, Lincoln Building
Lincoln, Nebraska 68508
(402-471-2101)

Nebraska provides a free loan 16 mm health film service for Nebraska residents. Borrowers pay return insured postage. The health department also distributes health literature. Contact the county health unit for information and services.

Nebraska Public Library Film Service
Lincoln City Libraries
14th & N. Streets
Lincoln, Nebraska 68508
(402-435-2146)

A free 16 mm loan service available to Nebraskans through their public libraries' centralized service out of Lincoln. Film catalogs available in the public libraries. However, due to inadequate funding, the service may be discontinued September 1973.

New York State College of Human Ecology
Department of Human Nutrition and Food
Visual Communications Office
Cornell University
412 Roberts Hall
Ithaca, New York 14850
(607-256-3009)

Office of Child Development
Department of Health, Education and Welfare
P.O. Box 1182
Washington, D. C. 20013
(202-963-3562)

Office of Child Development
Department of Health, Education and Welfare
Region VII, Federal Building
601 East 12th Street
Kansas City, Missouri 64106
(816-374-5401)

Parent's Magazine Films, Inc.
52 Vanderbelt Avenue
New York, New York 10017
(212-685-4400)

Pennsylvania State University
Cooperative Extension Service
104 Agricultural Administration Building
University Park, Pennsylvania 16802
ATTN: William H. Folwell
(814-865-3407)

Perc[illegible]al Education, Inc.
Box 230
1825 Willow Road
Northfield, Illinois 60093
(312-446-4153)

Procter and Gamble
Professional Services
Box 599
Cincinnati, Ohio 45201
ATTN: Mr. P. F. Pervey
(513-562-2508)

Ross Laboratories
625 Cleveland Avenue
Columbus, Ohio 43216
Area Representative: Don Beiger
(913-642-2626)

St. Anthony's Hospital
1004 North 10th Street
Milwaukee, Wisconsin 53233
(414-271-1965)

Singer Education and Training Products
1345 Diversey Parkway
Chicago, Illinois 60614
(312-525-1500)
Area Representative: Harry E. Soper
(913-888-6116)

Society for Brain-Injured Children
2303 North 49th Street, Room No. 5
Milwaukee, Wisconsin 53210
(414-444-4790)

Sunkist Growers, Inc.
Department 72-12
P.O. Box 7888
Valley Annex
Van Nuys, California 91409
(213-986-4800)

Superintendent of Documents
Government Printing Office
Washington, D. C. 20402
(202-541-1493)

3M Company
Visual Products Division
3M Center
St. Paul, Minnesota 55101
Contact: Frank E. Granberg
(612-733-7001)

U.S. Department of Agriculture
Food and Nutrition Service
536 South Clark Street
Chicago, Illinois 60605
(312-353-1044)

U.S. Department of Agriculture
Information Division
Food and Nutrition Service
Washington, D. C. 20250
(202-655-4000)

University of Iowa
Audio-Visual Center Media Library
C-5 East Hall
Iowa City, Iowa 52240
(319-353-5885)

16 mm films available for 3 to 5 day rentals. Cost ranging from $3.00 to $9.00 for 3-day rentals.

University of Kansas
Audio-Visual Center
Film Rental Services
746 Massachusetts
Lawrence, Kansas 66044
(913-864-3352)

16 mm films available for 3 to 5 day rentals. Cost ranging from $3.00 to $9.00 for 3-day rentals.

University of Missouri-Columbia
Extension Division
Audiovisual and Communication Service
203 Whitten Hall
Columbia, Missouri 65201
(314-449-9171)

16 mm films available for 1 to 2 day rentals. Cost ranging from $2.00 to $11.00

University of Nebraska
Extension Division
Instructional Media Center
Lincoln, Nebraska 68508
(402-472-7211)

16 mm films for 3 day rentals. Cost ranges from $2.50 to $10.00.

Walt Disney Educational Materials Company
800 Sonora Avenue
Glendale, California 91201
(213-240-9160)
Area Representative: Duncan Murray
(913-782-3179)

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